

**FEAR AND ANXIETY EXPERIENCED BY THE  
CHARACTERS OF A DAVID FINCHER'S FILM TITLED  
*PANIC ROOM***

**THESIS**

**BY**

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## ABSTRACT

Arifin, Muhammad Fahrul Rosi. 2014. **Fear and Anxiety experienced by the characters reflected on the film titled *Panic Room***. Study Program of English, Department of Languages and Literatures, Faculty of Cultural Studies, Universitas Brawijaya. Supervisor (I): Fariska Pujiyanti. Co-supervisor: Nurul Laili.

**Keywords:** Freud, real fear, neurotic fear, realistic anxiety, moral anxiety, neurotic anxiety, object.

Humans are the most wonderful creatures who have ability to think much better than other creatures. They all have their own mindset that differentiates one and another. The illustration of various humans' personality can be seen from film. It usually tells story about human's life and behavior that can be analyzed. *Panic Room*, a thriller film by David Fincher involves a family which is threatened by unfamiliar people or strangers, in this case are the thieves. This study applies psychoanalysis as theory, because it explains about humans' nature behavior. There are a lot of concerns in connection with psychoanalysis including fear and anxiety.

Freud explains that there are two kinds of fear: neurotic fear and real fear; and three kinds of anxiety: neurotic, realistic, and moral anxiety. Even though fear and anxiety seem similar but they are actually different. In *Panic Room*, there are some events that indicate fear and anxiety. It also shows the reaction from the characters when they experience fear or anxiety. The reactions to fear shown by the characters are flight, defense, and attack. However, anxiety is usually followed by physical sensations, such as trembling or crying.

The result of this study shows that even though the characters show that their fears are caused by the same object although they may show different reaction to it. The different reaction shown by the characters is influenced by the past experiences they have had earlier. The characters that experienced anxiety show different causes and reaction to their anxiety. The writer suggests the next researcher to analyze defense mechanism shown in *Panic Room* Film because it has close connection which anxiety studied in this thesis.

## ABSTRAK

Arifin, Muhammad Fahrul Rosi. 2014. **Ketakutan dan Kecemasan yang dialami oleh para karakter dalam film *Panic Room***. Program Studi Sastra Inggris, Jurusan Bahasa dan Sastra, Fakultas Ilmu budaya, Universitas Brawijaya. Pembimbing (I): Fariska Pujiyanti. Pembimbing (II): Nurul Laily.

**Kata Kunci:** Freud, ketakutan nyata, ketakutan neurotik, kecemasan realistik, kecemasan moral, kecemasan neurotik, objek.

Manusia adalah makhluk yang sangat istimewa yang memiliki kemampuan berfikir yang lebih baik dibanding makhluk lainnya. Mereka memiliki cara berfikir sendiri yang membedakan antara manusia satu dan yang lain. Kita bisa melihat ilustrasi kepribadian manusia dari film. Film biasanya menceritakan tentang kehidupan dan tingkah laku manusia yang bisa dianalisis. *Panic Room*, film triler karya David Fincher ini menyertakan keberadaan sebuah keluarga yang terancam oleh orang asing atau orang tak dikenal, dalam kasus ini yaitu Pencuri. Penelitian ini menggunakan psikoanalisis teori, karena teori ini menjelaskan tingkah laku manusia. Ada banyak konsentrasi ilmu yang berhubungan dengan psikoanalisis termasuk rasa takut dan cemas.

Freud menjelaskan bahwa ada dua jenis ketakutan: ketakutan neurotik dan ketakutan nyata; dan ada tiga jenis kecemasan: kecemasan neurotik, realistik, dan moral. Walaupun ketakutan dan kecemasan terlihat mirip namun sebenarnya mereka berbeda. Dalam film *Panic Room* ada beberapa kejadian yang mengindikasikan rasa takut dan cemas. Film ini juga menunjukkan reaksi dari para pemain terhadap rasa takut dan rasa cemas. Reaksi pada rasa takut yang ditunjukkan para pemain adalah lari, pertahanan, dan serangan. Sedangkan rasa cemas biasanya diikuti dengan sensasi fisik seperti gemetar atau menangis.

Hasil dari penelitian ini menunjukkan walaupun rasa takut tokoh-tokoh tersebut berasal dari objek yang sama mereka bisa menunjukkan reaksi yang berbeda. Hal tersebut dipengaruhi oleh pengalaman yang mereka alami sebelumnya. Tokoh yang mengindikasikan rasa cemas menunjukkan penyebab dan reaksi yang berbeda pada kecemasan mereka. Penulis menyarankan untuk peneliti selanjutnya untuk menganalisa mekanisme pertahanan yang ditunjukkan dalam film *Panic Room* karena hal ini memiliki hubungan erat dengan rasa cemas yang diteliti dalam skripsi ini

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